

## Sensory Evaluation for Virgin Olive Oil in 5 steps

by “ACR Organoleptic Evaluation Laboratory” | Crete | Greece \*



1. Pour 14-16 ml (or between 12.8 and 14.6 grams) of virgin olive oil in the dedicated testing glass and cover with a watch-glass \*\*

2. Place the tasting glass on a heating device so the olive oil sample to reach the temperature of 28° C (±2). By heating the sample, it is easier and more reliable to detect and measure the organoleptic characteristics, comparing to ambient temperature.



3. Hold the tasting glass in your palm and the watch-glass cover with your other hand, so to rotate the tasting glass at an angle for wet the inner surface as much as possible. That will help the detection of the volatile compounds.

4. Remove the watch-glass cover and take sharp breaths for evaluate and record the olfactory properties (fruitiness, aromas and their intensities) as well as possible defects (negative properties).



5. Take a small sip of approximately 3 ml for the buccal sensations (overall retro nasal olfactory, gustatory and tactile sensations). Distribute the sample slowly throughout the whole of the mouth cavity and over the back of the tongue. After the first evaluation of bitter and pungent stimuli, take one or two short breaths drawing in air through the teeth so to spread the sample extensively over the mouth cavity. Re-evaluate the bitter and pungent stimuli and also perceive the volatile aromatic compounds via the back of the nose (retro nasal). Record the findings in the evaluation sheet.



\* Avoid coffee, cigarette, food, alcohol and fragrance at least an hour before the tasting. The basic steps of Olive Oil Sensory Evaluation are described, according to EU 2568/91, as performed in a certified laboratory environment. No 1 step is presented only for better understanding of the procedure. In the laboratory the taster does not know anything about each sample, apart from an internal ID code, assigned by the panel supervisor.

\*\* Outside of the laboratory environment, any other suitable tasting cap can be used for educational or demo purposes

